

NOVEMBER 2025

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SOUTHWOOD COMMUNITY ASSOCIATION

11 Sackville Drive SW, Calgary, Alberta, T2W 0W3

Telephone: 403-259-0919

Website: SouthwoodConnects.ca

Twitter: @SouthwoodYYC Facebook: Southwood Connects

BOARD OF DIRECTORS

President	Andrej Brajic	president@southwoodconnects.ca	403-999-7379
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Director at Large	Kim Kartushyn	kim@southwoodconnects.ca	
Director at Large	Emma McCaul	emma@southwoodconnects.ca	
Director at Large	Claire Prokopenko	info@southwoodconnects.ca	

OTHER CONTACTS

Hall General Manager	Kaitlen Neal	gm@southwoodconnects.ca	
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Casino Chair	Paul Webber	casino@southwoodconnects.ca	
Ice Rinks Coordinator	Paul Webber		
Community Garden Coordinator	Teresa McLaren	gardens@southwoodconnects.ca	
Webmaster	Claire Prokopenko	webmaster@southwoodconnects.ca	
Community Resource Office CPS	Cst. Matt Forest	pol5067@calgarypolice.ca	403-428-6642
Neighbourhood Partnership Coordinator	Jenna Findlater	jenna.findlater@calgary.ca	
Community Social Worker	Sarah Thomas	sarah.thomas@calgary.ca	368-889-5168
Learning Tree Preschool		info@thelearningtreeyyc.com	825-540-1202
Air Cadets	Andrea Chant	sscchair52rcac@gmail.com	403-461-5195

Hall Rentals

Looking for a space to hold your next function or weekly/monthly meeting? The Southwood Community Hall is the perfect spot for birthdays/anniversaries, seminars/workshops, book clubs, day camps and playgroups, fitness classes and more! Discounted rental fees for community members! For more information, visit our website at www.southwoodconnects.ca or call Lola at 403-474-3845.

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Board Meeting

Board meetings have changed to the third Tuesday of the month.

Our next board meeting is Tuesday, November 18 from 7:00 to 9:00 pm! Join us in the Pioneer room at the Community Hall | 11 Sackville Drive SW.

Community Pantry

Announcing our new community food pantry located at 11 Sackville Dr SW, right beside the entrance to the community association. Take what you need, leave what you can.



COMMUNITY CONNECTIONS

MONDAY MORNING MEETUPS



Every Second Monday
November 3 & November 17
10am-12pm
Southwood Community Hall - Pioneer Room
(11 Sackville Dr)

**Drop in for a coffee and snacks
and meet your neighbours!**

For more info contact Sarah
sarah.thomas@calgary.ca 368-889-5168

Calgary



Free Community Art Night

Makers Night

Join us once a month for Makers Night - a relaxed, social evening where you can work on your projects, share supplies, and connect with others.
All crafts and skill levels welcome!
We supply the snacks, basic supplies, you bring your projects!
No registration needed—just drop in!

TUESDAY NOVEMBER 4
7:00 - 9:00PM

Southwood Community Hall
11 Sackville Drive SW

Calgary

Southwood Community
Calgary's Cooking
Cooking Group

Planning Meeting

First Thursday of the Month, 10 AM -1 PM

Cook

Second Thursday of the Month, 10 AM-3 PM

Lutheran Church of the Cross
10620 Elbow Dr. SW Calgary



For more information and to register contact Teresa:
info@southwoodcc.ca or apply at
www.ckpcalgary.ca/calgarys-cooking

**COMMUNITY
KITCHEN**



**LUTHERAN
CHURCH OF
THE CROSS**

Southwood Community Association's

YOUTH NIGHT

F R I E N D S

Ages 10 - 18

LAST FRIDAY OF EVERY MONTH

11 Sackville Drive SW

PIZZA, GAMES AND NEW FRIENDS!



MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,679

SALE \$13,879

Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

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SOUTHWOOD CA

This is your community newsletter with a mission to keep Southwood residents connected and involved in community life. The volunteer efforts of contributors and distributors ensure its success. This newsletter is printed monthly and is distributed without charge to all residents of Southwood.

Please check out our website, which contains useful information for you to access at SouthwoodConnects.ca.

Newsletter Submissions

We welcome articles and letters from our readers. All submissions must be accompanied by a name and telephone number. Articles should be between 200 and 550 words and can be submitted to the newsletter editor.

We reserve the right to edit articles for appropriate content or length. Photographs of community events are also greatly appreciated. Editorial deadline is the first day of the month prior to publication.

We want to make our newsletter as complete as possible, to include all community events and programs. If we missed yours, please contact the newsletter editor.

Newsletter communications@southwoodconnects.ca
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Gentle Yoga

We will explore yoga poses, mindful movement, and tools for self-regulation including breathing exercises. We will learn gentle ball rolling techniques that act as a tune up for the body and bring awareness to the continuity of our fascia. Some classes will include Critical Alignment exercises to care for our spines. The intended effect of the practice is to leave feeling refreshed, calm, and ready for the rest of the day.

Three main goals of this class are adding variety to the way we move and to practice sensing and responding to our bodies with kindness. We will explore movements that resource our fascial matrix to resource ourselves.

Please bring a yoga mat, a large towel or two, and a curiosity about our amazing bodies.

A squishy apple sized ball may be used in some classes as well as a Pilates stability ball (approximately 8 to 12 inches in diameter). Please bring your own if you have one. Extras are available to borrow.

No prior yoga experience required.

June Kwak holds certifications from the Myofascial Yoga Institute of Canada (300Hr), the Yoga Studio College of Canada (RYT 200), Critical Alignment and Therapy (CAY-T Level IV), and Mindful Yin Yoga.

For more information and to register, contact June Kwak at june@regroovenating.com or 403-710-5126 (texts welcome).

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Get Your FREE Southwood CA Membership!

More and more Southwood residents are getting involved!

Connect with your community association to find out what makes Southwood a great community!

Your community association offers:

- Community representation on city development issues
- Funding for special programs
- Management, upkeep, maintenance of our hall, hockey rink, community gardens
- Keeping residents informed through articles in the monthly community newsletter and online at www.Southwoodconnects.ca
- Hall rentals (creating needed income for Southwood Community Association)
- Exclusive offerings for Southwood Community Association Members at community events

To register your household for a membership, you can do one of the following:

1. Go to Southwoodconnects.ca/Memberships.
2. Complete the form below and drop it off or mail it to the community association (11 Sackville Dr SW Calgary, Alberta T2W 0W3)

Southwood Community Association Membership

Valid until FEBRUARY 28, 2026

As per the Privacy Act, any information you provide will be held in strictest confidence and will not be disclosed to third parties.

Family Name: First Name:

Address: Postal Code:

Email:

(Used only by SCA to send occasional emails about community issues and events)

Phone #: Cell #:

Can we contact you about upcoming activities? YES NO

Can we contact you about volunteer opportunities? YES NO

Casino volunteer? YES NO

Quarterly e-newsletter? YES NO

THANK YOU FOR SUPPORTING YOUR COMMUNITY

- Southwood Community Association meetings are held the third Thursday of each month at 7:00 pm – All are welcome. 11 Sackville Dr SW
- Have a voice and be informed about issues affecting our community
- Volunteer at Events. Join the Southwood community board



FRIENDS *of* Fish Creek

The Friends of Fish Creek Have Saved Over 45,000 Native Plants This Year!

Ahh, summer. It was a time for enjoying beautiful weather, getting outside, and—of course—rescuing plants. Saving mature plants from sites slated for development and transplanting them into the grasslands where they can not only survive, but thrive, is a no-brainer for us here at the Friends.

And thanks to our developer partners Genesis Land Development Corp, Qualico Communities, and Calbridge Developments, we've had an extremely successful (if sometimes muddy) plant rescue season.

So far in 2025, across four sites, we estimate that we've saved over 45,000 plants—and these have all found a new home in the grasslands at Bow Valley Ranch! This not only gives our grassland and creekside habitat restoration projects a big boost, but these plants will produce harvestable seeds that we can then use to continue propagating and planting new plants, keeping the circular seed cycle going!

Here's a look at just a few of the incredible species we've been lucky enough to rescue this year. We hope you enjoy the beauty of these amazing native plants and grasses. If you want to get involved in plant salvage, you can volunteer to come out with us on weekends to help rescue plants for grassland restoration (or grab some for your own garden). Learn more about volunteering at friendsoffishcreek.org/volunteer or email us at info@friendsoffishcreek.org.



Porcupine Grass (Hesperostipa curtiseta)



Blue grama grass (Bouteloua gracilis)



Dotted Blazing Star (Liatris punctata)



Rhombic-leaved Sunflower (Helianthus pauciflorus subrhomboides)



Yellow Owl's Clover (Orthocarpus luteus)



Parry's Oatgrass (Danthonia parryi)



Nodding onion (Allium cernuum)

SOUTHWOOD THROUGH YOUR LENS

A COMMUNITY PHOTOVOICE PROJECT



This project invites you to share your stories, memories, and experiences of Southwood through photos and words.

What to do:

1. Take 1-2 Photos for Each Question (3-6 photos total)

- What has shaped you in Southwood?
- What do you love about our neighbourhood?
- What do you want to care for or change?

2. Write a Short Reflection for Each Photo (50-20 words)

- Tell us what the photo means to you. (Why did you take it? How does it make you feel? What's the story behind it?).

3. Send Us Your Photos + Reflections

- Email them to sarah.thomas@calgary.ca before December 15, 2025.

4. Celebrate Together!

Your photos and stories will be displayed at a community art exhibit.

Who can join?

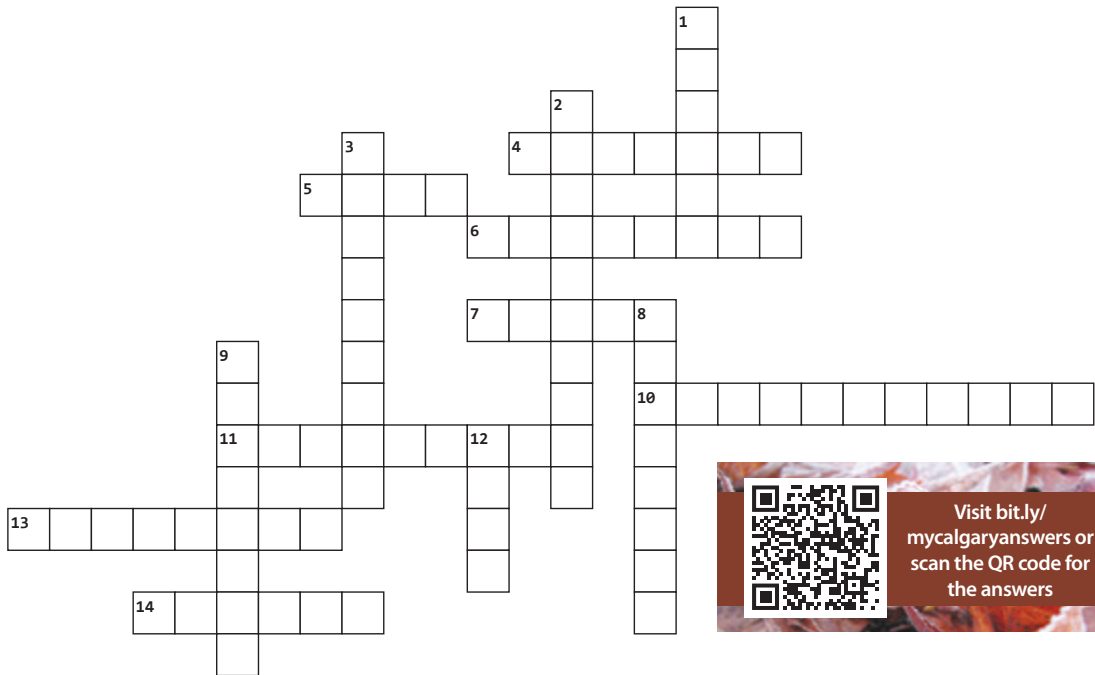
Everyone in Southwood! All ages and abilities welcome.

- No experience needed – use your phone or photos you already have.
- No camera? We'll lend you one.
- Need help? Volunteers can help you with photos or writing.
- Join on your own, with your family, or alongside a neighbour.

More Info: Email sarah.thomas@calgary.ca or call/text 398-889-5168



November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

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Musical Birthdays

November is a special month for Canadian music legends as many celebrate their birthday! Among the legends are Joni Mitchell, Neil Young, Bryan Adams, Gordon Lightfoot, Denny Doherty, and k.d. lang.



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Real Estate Statistics



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